



# VCU Recreational Sports

**The following rules are for all facilities that Recreational Sports operates and manages. This includes Cary Street Gym Aquatic Center and MCV Campus Aquatic Center.**

## **Recreational Sports Aquatic Center Rules**

All participants must abide by Recreational Sports policies and procedures. A complete copy of VCU Recreational Sports Policies and Procedures is available at the service desk, or online at [www.recsports.vcu.edu](http://www.recsports.vcu.edu).

1. Recreational Sports Lifeguard must be on deck before anyone enters the pool or spa.
2. Showers are required of all patrons prior to using the pool or spa. Recreational Sports staff have the authorization to request anyone to take a shower before entering the pool or spa.
3. All patrons with open sores, infectious or contagious diseases are prohibited from the use of the pool or spa.
4. All patrons must wear proper swimming apparel. No street clothes are allowed in the pool or spa. Clothing such as cut-offs, gym shorts, and underwear is not permitted. Recreational Sports staff reserves the right to determine apparel that may be deemed offensive, dangerous or destructive to facilities or equipment and prohibit their use.
5. Running, pushing, horse playing or other high risk behavior is prohibited in the pool area.
6. Breath holding, underwater swimming, and/or hyperventilation is considered dangerous activity and is not permitted.
7. Non- swimmers will not be permitted in water deeper than their shoulders. Recreational Sports staff may require a person to demonstrate their swimming ability.
8. Only Recreational Sports provided flotation devices can be used in our facilities.
9. Food and drinks (other than water) are not allowed inside the Aquatic Center. Glass is not allowed on the pool deck.
10. Only Recreational Sports staff are allowed to teach swim lessons, water fitness or aquatic programs in our facilities.
11. All personal items must be stored in lockers. Items not secured or unattended will be placed in the lost and found.
12. Posted program grid will determine activities in this area. Recreational Sports staff reserves the right to change programmed activities and determine the appropriateness of equipment used during all activities.
13. Follow all instructions provided by Recreational Sports staff.